



Safety Simply Stated

Volume 3, Issue 7
July 2006

CAUGHT IN THE ACT

This month recognition for being caught in the act for working safely goes to the Police Department's Support Bureau, specifically to Firing Range staff and the Police Recruits.

As the temperature increases during the summer months, employees need to take dehydration, heat stress, and sun exposure into consideration when conducting outdoor activities. This was the case with at the Firing Range. As a group of recruits were on the firing line, the other stood in the shade limiting exposure to the sun. In addition, each recruit had their own water bottle in a effort to stay well hydrated.

Another great caught in the act moment was observing everyone at the facility wearing proper hearing protection, even those who were quite a distance away.

Congratulations to everyone who make the Firing Range a safe place to work! Keep up the good work!

THANK YOU & CONGRATULATIONS!!

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Special points of interest:

- New CPR guidelines
- July is "Eye Injury Prevention Month"



“Push Fast”– New Guidelines For Cardiopulmonary Resuscitation (CPR)

By Felix Aguilar, MD, MPH, FAAFP, Director of Child Health & Disability Prevention Program, Department of Health & Human Services

“Push fast” is a major change of the new cardiopulmonary resuscitation (CPR) guidelines. The American Heart Association has produced new CPR guidelines that emphasize the quantity of the chest compressions over interruptions such as mouth-to-mouth breathing (*Currents* Volume 16 Number 4 Winter 2005-2006). Evidence showed that many victims of cardiac arrest were not receiving appropriate CPR due to slowing down to provide ventilation. Research showed that providing more compressions is more important than providing more mouth-to-mouth resuscitations to save a victim's life. Moreover, some bystanders refused to assist due to concerns to disease exposure. These new research findings have been included in the new changes.

The 5 major changes in the 2005 CPR guidelines affecting all rescuers:

1. Emphasis on improvement and delivery of effective chest compressions.
2. A single chest compression-to-ventilation ratio for all single rescuers for all victims (except newborns): 30 chest compressions to 2 ventilations (from 15:2 in the past).
3. Recommendation that each rescue breath be given over 1 second and should produce visible chest rise.
4. Recommendation for use of automated external defibrillators (AED) in children 1 to 8 years old (and older); use a child dose-reduction system if available.
5. A new recommendation that single AED shocks, followed by immediate CPR, be used to attempt defibrillation for ventricular fibrillation cardiac arrest. Rhythm checks should be performed every 2 minutes.

What DID change for lay rescuers?

1. If alone with an unresponsive infant or child, give about 5 cycles of chest compressions and ventilations (about 2 minutes) before leaving the child to phone 911.
2. Do not try to open the airway using a jaw thrust for injured victims—use the head tilt–chin lift for all victims.
3. Take 5 to 10 seconds (no more than 10 seconds) to check for *normal* breathing in an unresponsive adult or for presence or absence of breathing in the unresponsive infant or child.
4. Take a normal (not a deep) breath before giving a rescue breath to a victim.
5. Give each breath over 1 second. Each breath should make the chest rise.
6. If the victim's chest does not rise when the first rescue breath is delivered, perform the head tilt–chin lift again before giving the second breath.
7. Do not check for signs of circulation. After delivery of 2 rescue breaths, immediately begin chest compressions (and cycles of compressions and rescue breaths).
8. No teaching of rescue breathing without chest compressions.
9. Use the same 30:2 chest compression-to ventilation ratio for **all victims**.
10. For children, use 1 or 2 hands to perform chest compressions and compress at the nipple line; for infants, compress with 2 fingers on the breastbone just below the nipple line.
11. When you use an AED, you will give 1 shock followed by immediate CPR, beginning with chest compressions. Rhythm checks will be performed every 2 minutes.
12. Actions for relief of choking (severe airway obstruction) have been simplified.
13. New first aid recommendations have been developed with more information included about stabilization of the head and neck in injured victims.

What did NOT change for lay rescuers?

- Checking for response.
- Location for hand placement for chest compressions in adults.
- Compression depth for adults, infants, or children (although compression depth for infants and children is no longer listed in inches; it is described only as 1/3 to 1/2 the depth of the chest).
- Ages used for infant, child, and adult CPR recommendations .
- Key steps for relief of foreign-body airway obstruction (choking) for infants, children, or adults.
- First aid recommendations.



So just remember to push fast. You may save a life!

July is Eye Injury Prevention Month

Inspecting Emergency Eye Irrigation Equipment

When an on-the-job splash or spill results in someone being exposed to dangerous chemicals, what happens in the seconds immediately after can make the difference between minor discomfort and major injury. Harmful chemicals need to be diluted and flushed away from the victim's eyes or skin as quickly as possible. Any facility or job site where corrosive chemicals are handled needs to be prepared for quick reaction by having the right kind of equipment ready to flush the eyes and skin of affected workers. And that's not just good advice, it's the law.

Federal regulations for emergency flushing devices follow the guidelines established the American National Standards Institute (ANSI), but despite the specific recommendations spelled out in ANSI Z358.1-2004, a recent survey found that many work sites have an inadequate number of flushing stations. Even worse, many of the stations that are in place were found to have fallen into disrepair and some did not function well enough to provide adequate emergency treatment.

Installing emergency flushing equipment, whether portable or permanent plumbed units, is only a first step toward workplace emergency preparedness. Without an effective inspection program, the presence of flushing stations may be doing nothing more than projecting a false sense of safety. To avoid confusion about the frequency of inspections and what should be evaluated during the inspections, ANSI recommends dividing the inspection process into three separate phases: installation, weekly and yearly.



EYE PROTECTION IN THE WORKPLACE

Every day an estimated 1,000 eye injuries occur in American workplaces. The financial cost of these injuries is enormous--more than \$300 million per year in lost production time, medical expenses, and workers compensation. No dollar figure can adequately reflect the personal toll these accidents take on the injured workers.

The Occupational Safety and Health Administration (OSHA) and the 25 states and territories operating their own job safety and health programs are determined to help reduce eye injuries. In concert with efforts by concerned voluntary groups, OSHA has begun a nationwide information campaign to improve workplace eye protection. Take a moment to think about possible eye hazards at your workplace. A 1980 survey by the Labor Department's Bureau of Labor Statistics (BLS) of about 1,000 minor eye injuries reveals how and why many on-the-job accidents occur.

WHAT CONTRIBUTES TO EYE INJURIES AT WORK?

- Not wearing eye protection. BLS reports that nearly three out of every five workers injured were not wearing eye protection at the time of the accident.
- Wearing the wrong kind of eye protection for the job. About 40 of the injured workers were wearing some form of eye protection when the accident occurred. These workers were most likely to be wearing eyeglasses with no side shields, though injuries among employees wearing full-cup or flat-fold side shields occurred, as well.

(Continued on page 4)

EYE PROTECTION IN THE WORKPLACE—Continuation

(Continued from page 3)

WHAT CAUSES EYE INJURIES?

- Flying particles. BLS found that almost 70% of the accidents studied resulted from flying or falling objects or sparks striking the eye. Injured workers estimated that nearly three-fifths of the objects were smaller than a pin head. Most of the particles were said to be traveling faster than a hand-thrown object when the accident occurred.
- Contact with chemicals caused one-fifth of the injuries. Other accidents were caused by objects swinging from a fixed or attached position, like tree limbs, ropes, chains, or tools which were pulled into the eye while the worker was using them.

WHERE DO ACCIDENTS OCCUR MOST OFTEN?

Craft work; industrial equipment operation. Potential eye hazards can be found in nearly every industry, but BLS reported that more than 40% of injuries studied occurred among craft workers, like mechanics, repairers, carpenters, and plumbers. Over a third of the injured workers were operatives, such as assemblers, sanders, and grinding machine operators. Laborers suffered about one-fifth of the eye injuries. Almost half the injured workers were employed in manufacturing; slightly more than 20% were in construction.

HOW CAN EYE INJURIES BE PREVENTED?

Always wear effective eye protection. OSHA standards require that employers provide workers with suitable eye protection. To be effective, the eyewear must be of the appropriate type for the hazard encountered and properly fitted. For example, the BLS survey showed that 94% of the injuries to workers wearing eye protection resulted from objects or chemicals going around or under the protector. Eye protective devices should allow for air to circulate between the eye and the lens. Only 13 workers injured while wearing eye protection reported breakage. Nearly one-fifth of the injured workers with eye protection wore face shields or welding helmets. However, only six percent of the workers injured while wearing eye protection wore goggles, which generally offer better protection for the eyes. Best protection is afforded when goggles are worn with face shields. Better training and education. BLS reported that most workers were hurt while doing their regular jobs. Workers injured while not wearing protective eyewear most often said they believed it was not required by the situation. Even though the vast majority of employers furnished eye protection at no cost to employees, about 40% of the workers received no information on where and what kind of eyewear should be used.

Maintenance: Eye protection devices must be properly maintained. Scratched and dirty devices reduce vision, cause glare and may contribute to accidents.

EYE PROTECTION WORKS!

BLS reported that more than 50% of workers injured while wearing eye protection thought the eyewear had minimized their injuries. But nearly half the workers also felt that another type of protection could have better prevented or reduced the injuries they suffered. It is estimated that 90% of eye injuries can be prevented through the use of proper protective eyewear. That is our goal and, by working together, OSHA, employers, workers, and health organizations can make it happen.

This is one of a series of fact sheets highlighting U.S. Department of Labor programs. It is intended as a general description only and does not carry the force of legal opinion. This information will be made available to sensory impaired individuals upon request. Voice phone: (202) 523-8151. TDD message referral phone: 1-800-326-2577.





NEWS FLASH... NEWS FLASH... NEWS FLASH...

Do this look familiar?

Does your office look like this picture?

If so, you have to get rid of the hazard and think safety. Organize your work area, so that you don't trip and fall or others trip and fall looking for something. Thank you for your cooperation!



Did you know?



According to the National Stroke Association (NSA), 80% of us — men and women — can prevent strokes from ever happening. How? By:

- ✓ Knowing your blood pressure
- ✓ Not smoking
- ✓ Drinking alcohol only in moderation
- ✓ Exercising regularly
- ✓ Sticking to a low salt, low fat diet
- ✓ And, most importantly, having an annual physical exam and talking to your doctor about your stroke risks.

Source: [National Stroke Association](#).

NOTICE:

Happy 4th of July !



Downtown Long Beach will be the site of a family festival and a Fourth of July fireworks show featuring the Long Beach Municipal Band. The festival, part of the 75th Anniversary Long Beach Sea Festival, will begin on Friday, June 30, near Shoreline Drive and Linden Avenue, and will include a carnival amusement area, food courts, arts and craft, and musical acts. The 20-minute firework show will begin at 9:05 pm on July 4th.

REMINDER: Fireworks are illegal in the City of Long Beach (Municipal Code Section 18.48.010). Check with your city ordinances before adding fireworks to your 4th of July celebration.

We care about your safety!

Free Construction Related Job Skills Training Classes **LEAD-SAFE WORK PRACTICES**



The City of Long Beach, Department of Health & Human Services is offering **FREE** One-Day Training Classes in Lead Safety Work Practices

- **Improve Your Employability:** This one-day class is invaluable for the construction workers, painters, contractors, maintenance workers and trainees.
- **Learn Skills:** Safely renovate older houses and prevent childhood lead poisoning.
- **Be Competitive:** Attendees will receive a certificate that qualifies them for employment with contractors receiving federal monies for construction and maintenance work on older housing.

Classes will be held from 8:00 am—5:00 pm at:
Miller Family Health Education Center
3820 Cherry Avenue, Long Beach, CA

For enrollment and questions, please contact:
Victoria Chavez at (562) 570-4512
(Classes will be available in Spanish)



Lead poisoning has been called “the silent disease” because its effects occur gradually, often showing no obvious symptoms. It has been associated with learning disabilities, growth impairment, permanent hearing and visual impairment and other damage to the brain and nervous system. In large doses, lead exposure can cause blindness, brain damage, convulsions and even death. Lead exposure is especially damaging to children, fetuses, and women of childbearing age. Exposure before or during pregnancy can also alter fetal development and cause miscarriages.

The main source of lead contamination is lead-based paint, which is why the use of lead as an additive in paint was banned in 1978. Although painted surfaces may currently be covered with several coats of non-lead paint, **contamination is still likely to occur when disturbing even small areas of painted surfaces.** Those who conduct routine maintenance and construction often expose themselves to dangerous levels of lead and unknowingly contaminate the work area, despite good cleaning practices. Families of construction workers are often exposed when contaminated shoes and clothing are brought into the workers home.

The City of Long Beach is providing a **“Lead Safe Work Practices”** training class at no cost for those who are interested. This training teaches work practice methods that prevent lead hazards from being created so that you, your workers, your family and your clients are not exposed to lead contamination caused by disturbing painted surfaces. This free training opportunity is available to anyone who is interested and is especially valuable to those who wish to provide environmentally safe services to their clients and their staff. The EPA is proposing to make this training mandatory for those who disturb painted surfaces and is available in English and Spanish. Classes are generally held twice a month. If you or anyone you know is interested in attending this class, please contact Victoria Chavez at (562) 570-4512 to find out when classes are available.

Yard Work

(Fill-in Puzzle)

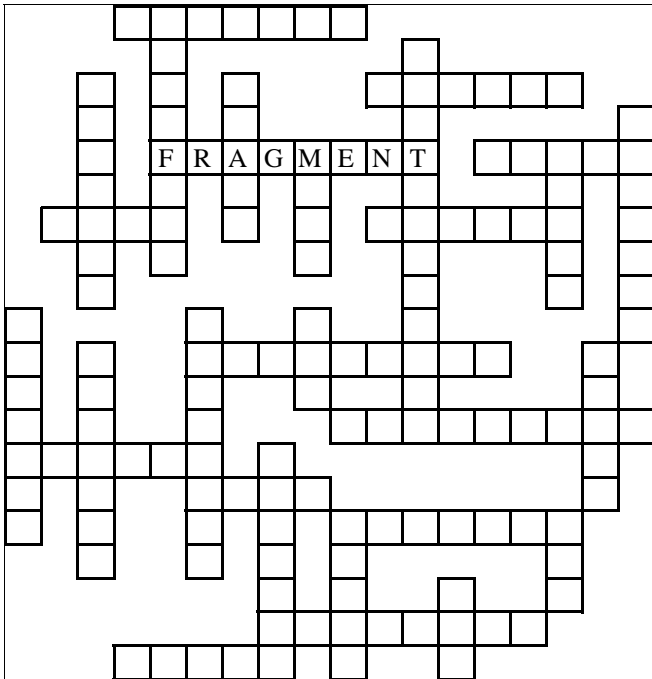


If there are _____ (dlihnrec) around, store garden _____ (ivnkes) and other _____ (razouahds) tools and materials in a _____ (odekcl) _____ (ctinabe.)

Before using a _____ (wrope) _____ (otol) you should _____ (dera) the _____ (ucissnintrto) carefully.

Don't use _____ (ctiecler) gardening tools—such as —mowers

For extra protection, even on _____ (ydr) days, make sure your tools are _____ (gdglpue) into an outdoor outlet equipped with a built-in _____ (utcciri) _____ (rreabke.) Use a _____ (erhte) - _____ (gnedrop) extension cord designed for _____ (tooodur) use.



Always use two hands when operating a _____ (dehge) trimmer. Don't trim where you can't see—if you hit _____ (emalt) or another object, a _____ (geafmnt) could come flying back at you.

When using a brush cutter or weed whip, wear _____ (vyaeh) boots and eye protection.

Wear _____ (brbure) gloves, a long-sleeved _____ (rsiht), long pants, and a _____ (ath) while applying a _____ (tciesdep). Wearing a _____ (kams) and _____ (gggeslo) may also be a good idea.

Deadline to submit answers to the Safety Quiz is **July 21, 2006**.

Please send your responses to the City Safety Office, Attention: May Parks to participate in our prize drawings. Each month we will run a quiz for prizes. **Good Luck!**

Name _____

Department, Bureau & Division _____

Phone Number _____

Yard Work (Fill-in Puzzle)
July 2006

Service First
Safety Always





July 2006
Citywide Employee Safety Training
(Schedule as of June 26, 2006)---Revised

Date(s)	Course	Time(s)	Location
July 6	Aerial Lift Training (4 hrs)	7:00 am – 11:00 am	Water Department, 1800 E. Wardlow Road Assembly Room
July 12	Aerial Lift Training (8 hrs)	7:00 am – 3:00 pm	Water Department, 1800 E. Wardlow Road Assembly Room
July 12	Weapons of Mass Destruction (Module 6) (1 1/2 hr)	1:00 pm – 2:30 pm	Main Library, 101 Pacific Avenue, Lower Level, Meeting Room 1
July 13	Life Safety (Module 5) (4 hrs)	12:30 pm – 4:30 pm	Main Library, 101 Pacific Avenue, Lower Level, Auditorium
July 18	Bloodborne Pathogen (Module 3) (2 hrs)	10:00 am – 12:00 pm	Main Library, 101 Pacific Avenue, Lower Level, Meeting Room 1
July 18	Forklift Refresher (4 hrs) Class 5 2-sessions AM/PM	7:30 am—11:30 am & 12:30 pm – 4:30 pm	PW/EDC Classroom, 2929 E. Willow Street
July 19	Bomb Threat Training (Partial Module 4) (1 ½ hr)	8:30 am – 10:00 am	Police Department, West Police Substation (WPSS) 1835 Santa Fe Avenue, Community Room
July 19	Defensive Driver's Training (4 hrs) 2-sessions AM/PM	8:00 am – 12:00 pm 12:30 pm – 4:30 pm	Harbor Department, 925 Harbor Plaza, 1st floor conference room
July 20	Defensive Driver's Training (4 hrs) 2-sessions AM/PM	8:00 am – 12:00 pm 12:30 pm – 4:30 pm	Harbor Department, 925 Harbor Plaza, 5 th floor conference room
July 20	First Aid (Module 2) (4 hrs) 2-sessions AM/PM	8:00 am – 12:00 pm & 12:30 pm – 4:30 pm	American Red Cross, 3150 E. 29 th Street, Classroom 2
July 21	Defensive Driver's Training (4 hrs) 2-sessions AM/PM	8:00 am – 12:00 pm 12:30 pm – 4:30 pm	Harbor Department, 925 Harbor Plaza, 5 th floor conference room
July 26	Fire Extinguisher Training (Partial Module 4) (2 hrs) 2-sessions AM/PM	10:00 am – 12:00 pm 1:00 pm – 3:00 pm	LB Airport Maintenance Yard, 3150 St. Louis Avenue, Conference Room and Fire Pit
July 26	Accident Investigation for Supervisors (SCAT) (2 hrs)	7:15 am – 9:15 am	Water Department, 1800 E. Wardlow Road, Assembly Room
July 26	Acetylene Training (4 hrs)	7:00 am – 11:00 am	PW/EDC Classroom, 2929 E. Willow Street and Water Department, Welding Shop, 1800 E. Wardlow Road
July 27	AED/CPR (Module 1) (4 hrs) 2-sessions AM/PM	8:00 am – 12:00 pm & 12:30 pm – 4:30 pm	American Red Cross, 3150 E. 29 th Street, Classroom 1
July 27	Confined Space Entry (8 hrs)	7:00 am – 3:30 pm	Water Department, 1800 E. Wardlow Road Assembly Room



Revised: 6/26/06

NOTE: Course dates and time are subject to change without notice. Please be advised that HR will request a JV charge point from departments who have employees signed up for training and they do not show up for the class. If you have any questions, please contact May Parks, Risk Management @ may_parks@longbeach.gov

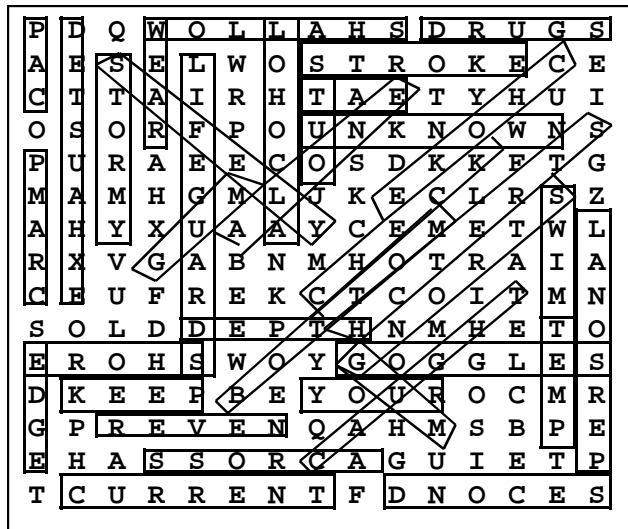
City of Long Beach
Department of Human Resources
Risk Management/Safety Office
333 W. Ocean Blvd., 10th floor
Long Beach, CA 90802

Phone: 562 570-6476
Fax: 562 570-5375
Office Hours: Monday—Friday
7:30 am—4:30 pm

We're on the Web

<http://clbnet/hr/safety/default.asp>

ANSWERS TO WATER SAFETY WORD SEARCH



Safety Office Staff Members

- Reshan Cooray, City Safety Officer..... (562) 570-6476
- Tristina Meche, Safety Specialist II..... (562) 570-5892
- May Parks, Training Coordinator..... (562) 570-5059
- Loida Garcia, Clerk Typist III..... (562) 570-6552



Last Month's Safety Quiz Winners are:

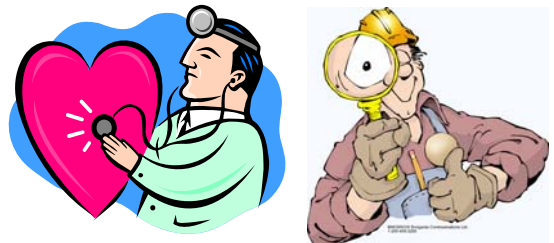
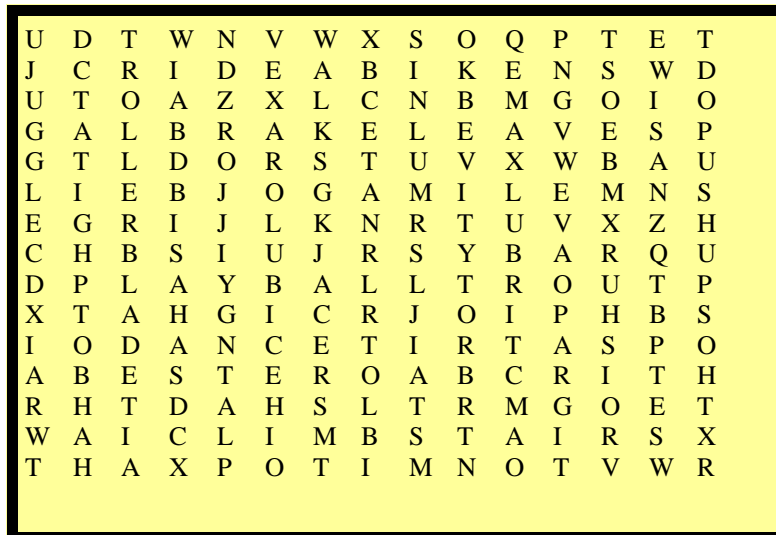
- Maria Buzzard, Library Services, Administration
- Mahalia Sanders, Fire Department, Disaster Management
- Galelynn Peterson, Fire, Fire Prevention

Congratulations!

Please contact May Parks in the Safety Office to claim your prize!

Brain Games—Word Search

A Heart-Pumping Puzzler—Daily exercise is really important for all people. Here are 10 easy ways to get your heart pumping. Circle the letters that form action words or sentences; some you'll find going up and down and some are across. You'll use some letters more than once. Have fun, and get moving!



Words to find:

- | | |
|--------------|-------------|
| Dance | Jog a mile |
| Climb stairs | Rollerblade |
| Rake leaves | Juggle |
| Ride a bike | Play ball |
| Walk | Do push ups |